

# Relax the Mind & Body - Tai Chi

Lee Style T'ai Chi

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Tai Chi allows you to experience a deeper level of relaxation.

Improve your health without the need to strain.

Suitable and adaptable to all levels of fitness.

Non-Competitive

Â Â Â Â Â Â Â Step by step Tuition.

Your health is what really matters

A Healthy Body,

= a Healty Mind

= a Stress-free lifestyle.

## T'ai Chi Lessons

### Warm Ups

Helps to ease, release and revitalise a tired mind, muscles and joints.

### T'ai Chi Exercises

Relaxes, strengthens, rejuvenates, energises the mind and body alike.

### T'ai Chi Stick

#### Concentration and Co-ordination

The Mental and physical learn to work as one, with practice an array of over two hundred artistic, holistic flowing movements, soon become a part of you, creating greater flexibility, strength and balance.

A complete work-out without the need to strain!!!!

### Chi Kung

Is simple to learn, it allows you to experience a deeply relaxing, meditative calming feeling.

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## Â T'ai Chi Classes

Mondays - United Church, Southella - 1.30 pm to 3.00 pm

Tuesdays - Ferriby Methodist Church - 9.45 am to 11.15 am

Wednesdays - Adeles Dance Academy, Cottingham Road - 1.30 pm to 3.00 pm  
and 8.00 pm to 9.30 pm.

Wednesdays - K Warners Gym, Pickering Road - 10.00 am to 11.30 am

Thursdays - St. Mary's Church Hall, Elloughton - 10.00 am to 11.30 am.

Fridays - Lonsdale Community Centre, Lonsdale Street, Anlaby Road  
11.00 am to 12.30 pm.

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## Personal Tuition

Monday am or weekends - held in T'ai Chi Studio

at 4 Victoria Avenue, Willerby

For further details ring Mike on 01482 651981

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Tai Chi has been an integrated part of the Chinese culture for thousands of years, they have devised a system of therapeutic holistic exercise that work the whole of the body without the need to strain, relaxing body and mind alike.

We in the west seem to accumulate physical and mental stresses creating such problems as back, shoulder and neck strains to name a few. Then there's the emotional pressures a fast paced modern lifestyle brings upon us. So what do we do about it? We thrash ourselves from pillow to post and just about get by!

Tai Chi is a series of slow, graceful, deeply relaxing and yet dynamic movements that creates greater flexibility and suppleness to the whole body, improving posture, balance and co-ordination.

People who practice Tai Chi regularly find stress levels reduced and better nights sleep. There are also the deeper more meditative aspects that can be attained. But of course is in accordance to the individuals needs. You can go into a Tai Chi lesson feeling jaded and at the end of your tether and leave relaxed, revitalised and without a care in the world. All of the exercise movements are complimentary to other sporting systems. They can be practised by people of any age and any level of fitness. Individual needs are always catered for. So give yourself some quality time, allow yourself to gently unwind, relax your mind and body, enjoy the Tai Chi experience. A warm and friendly atmosphere awaits you. I have practised this ancient art for about 20 years teaching for 14 years. I now teach full time with many classes in and around the Hull areas, I have also converted the front room of my house in Willerby into a Tai Chi studio for those of you who require or prefer a deeper more personal Tai Chi experience.

Telephone Michael M. Maduro on 01482 651981